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DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE  
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# COOL IT !

## Putting Tummy Trouble on Ice

### WHAT IT IS:

- Blend of essential oils for healthy bowel support

### WHY YOU NEED IT:

- Important for patients with Irritable Bowel, gas, bloating, cramping, and nausea
- Addresses need for calming support of intestinal spasms/pain
- Good for patients with acute and chronic bowel symptoms
- Safe, gentle, non-toxic
- Evaluated by clinical research

### HOW IT HELPS:

COOL IT contains a blend of essential oils (including peppermint) that work to support normal bowel function. Clinical studies have tested essential oils such as peppermint in patients with Irritable Bowel Syndrome, gas, bloating, and cramping.

COOL IT is specially coated to pass through the stomach undigested so that it can dissolve deep inside the intestines where it is needed most. When released in the gut at the site of trouble, the essential oils of COOL IT can provide support to patients looking to calm an irritated bowel.

Yeast, fungi, and “bad” bacteria can overgrow in the intestines and contribute to symptoms of Irritable Bowel, gas, bloating, cramping, pain, and nausea. The essential oils in COOL IT support patients needing supplements with anti-bacterial, anti-yeast, and anti-fungal properties.

When patients can kill off “bad” intestinal bacteria and yeast, normal “good” bacteria can dominate the intestinal tract and promote healthy gut feeling and function.

**Usual Dosage:** Take one or two capsules three to four times daily.